



Positive Psychology on the College Campus (Series in Positive Psychology)

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The field of positive psychology has blossomed over the past fifteen years due to its uplifting perspective as well as research findings demonstrating the effectiveness of its practical applications for enhancing individual and organizational well-being. The concepts within positive psychology including focusing on personal strengths, positive emotions, well-being, and factors related to success and thriving can connect with an inner sense of hope and motivation for growth and constructive change. There is a congruency between these concepts of positive psychology and the focus on development, acquiring knowledge and skills, and nurturing of talent and potential that defines higher education. Indeed, positive psychology offers a refreshing and valuable framework for the programs and activities found in academic and student affairs departments. Positive Psychology on the College Campus provides innovative and practical strategies that can be employed with students to enhance both their personal development and educational experiences. Individual chapters, all written by experts in their fields, describe research and offer approaches for readers to use with students. With its wide-ranging topics and distinguished contributors, Positive Psychology on the College Campus is a must-have resource for all those who work with college students, including academic advisors, administrators, counselors, faculty, residence-life staff, and student-activities staff. In fact, no matter where your office may be located on the campus map, positive psychology can be applied to your work.

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